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**Actions for Schools & Early Years:**

**Self-Assessment and Planning Template**

The “Sugar Smart Barnet” campaign was officially launched in January 2020 and aligns with the [Local Government Declaration on Healthier Food and Sugar Reduction](https://www.barnet.gov.uk/health-and-wellbeing/healthy-barnet/local-government-declaration-sugar-reduction-and-healthier). The campaign raises awareness of the health benefits of reducing sugar consumption. Working with Sustain, Sugar Smart Barnet, supports workplaces, businesses, and organisations such as Early year settings, schools or charities to cut down on sugar intake.

Once your school/setting register for SUGAR SMART you will have access to a wealth of resources to help carry out some of your sugar smart actions as outlined in the below table.

## STEP 1: Which of the following actions will be most beneficial to your children, staff and parents/ carers when making your school/setting SUGAR SMART?

These actions aim to improve understanding of sugar and its health risks, increase confidence to make healthier choices, improve food provision and get staff and parents/ carers, and pupils to make individual pledges to reduce sugar.

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| **Actions** | **Plan to do** | **Already in place** |
| RUN A SUGAR SMART ASSEMBLY | | |
| **Run a SUGAR SMART assembly**, session or presentation with parents/ carers using the **SUGAR SMART assembly** PowerPoint, videos and other resources available on the **SUGAR SMART website** | **Yes/No** | **Yes/No** |
| **How to read the label** – teach how to use the list of ingredients and nutrition label to help parents/ carers know how much sugar is in manufactured food and drinks. Compare front (nutrition messaging – is “healthy” actually healthy?) and back labels (ingredients, content). **Resources available on** <https://www.nhs.uk/change4life/food-facts/food-labels> and [Keeping well and active | Barnet Council](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.barnet.gov.uk%2Fhealth-and-wellbeing%2Fkeeping-well-and-active&data=04%7C01%7CLauren.Neill%40Barnet.gov.uk%7Ca207eef831af4e98625008d99d2f1b24%7C1ba468b914144675be4f53c478ad47bb%7C0%7C0%7C637713647900085120%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=aDBHI3%2BcaPxsi5pxtkqZ25QqKsOnR0PpwvbJQO41QYo%3D&reserved=0) | **Yes/No** | **Yes/No** |
| HAVE A SUGAR SMART QUIZ | | |
| **Run a SUGAR SMART quiz** with parents/ carers with surprising facts about sugar in everyday food and drink. Available on the **SUGAR SMART website** | **Yes/No** | **Yes/No** |
| SPREAD THE WORD | | |
| **Sugar Game: Guess how much sugar is in drinks** – also use Sugar Smart App and SUGAR SMART resources available on the **SUGAR SMART website** | **Yes/No** | **Yes/No** |
| **Provide SUGAR SMART fact sheets**, infographics and other info on sugar/healthier options to parents/ carers–e.g. newsletter, letter home, meetings with families, put up SUGAR SMART posters, put SUGAR SMART info in newsletters and on your website resources available on the **SUGAR SMART website** | **Yes/No** | **Yes/No** |
| PROMOTE WATER | | |
| **Make sure water** is available throughout the day and visible if children are to help themselves.  For example:  -improve access to water across the setting and sign up to **‘my schools water only’** on the following link: <https://www.london.gov.uk/what-we-do/health/healthy-schools-london-0/water-only-toolkit>  -Promote tap water as the standard drink-as a cheaper, healthier and environmentally friendly first choice drink between meals  -Early Years check out <https://naturalsourcewaters.org.uk/wp-content/uploads/sites/231/2019/10/NHC-Early-Years-Hydration-Factsheet-FINAL.pdf> | **Yes/No** | **Yes/No** |
| GET KIDS CREATIVE | | |
| **Make posters/displays** – design posters/displays about sugar, healthy diets and award the best ones | **Yes/No** | **Yes/No** |
| GIVE STAFF COOKING LESSONS AND TRAINING- a series of healthy eating videos are available to download here: [Keeping well and active | Barnet Council](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.barnet.gov.uk%2Fhealth-and-wellbeing%2Fkeeping-well-and-active&data=04%7C01%7CLauren.Neill%40Barnet.gov.uk%7Ca207eef831af4e98625008d99d2f1b24%7C1ba468b914144675be4f53c478ad47bb%7C0%7C0%7C637713647900085120%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=aDBHI3%2BcaPxsi5pxtkqZ25QqKsOnR0PpwvbJQO41QYo%3D&reserved=0) | | |
| **Cooking skills classes for staff & parents/ carers** –for low/no sugar alternatives | **Yes/No** | **Yes/No** |
| **Staff training on sugar** – e.g. staff inset days, caterers, health care providers | **Yes/No** | **Yes/No** |
| **Train staff serving/supervising meals** to encourage fruit and vegetables uptake | **Yes/No** | **Yes/No** |
| **Appoint staff & parent/ carer SUGAR SMART Ambassadors** | **Yes/No** | **Yes/No** |
| STOCK HEALTHIER FOOD AND DRINK | | |
| **Work with your caterers to make healthier options more visible** – position them front and centre, “traffic light” system on drinks, limit display of less healthy options | **Yes/No** | **Yes/No** |
| **Work with your caterers to provide no/low sugar menus** – e.g. fruit/dairy option only on certain days of the week | **Yes/No** | **Yes/No** |
| **SUGAR SMART foods offered** – at events | **Yes/No** | **Yes/No** |
| **Alternatives to birthday cake** – give a non-edible present instead | **Yes/No** | **Yes/No** |
| **Ban adverts and sponsorship for sugar** – make it policy not to advertise or promote sugary foods and drinks in your setting | **Yes/No** | **Yes/No** |
| RUN A SUGAR SMART RECIPE DEMO | | |
| **Sugar free breakfast** –Provide demos and help children and parents/ carers make better choices for breakfast  For ideas check out: <https://www.nhs.uk/change4life/recipes> | **Yes/No** | **Yes/No** |
| PROMOTE SUGAR-FREE PACKED LUNCHES | | |
| **Adopt a sugar-free/healthy lunch boxes guidance or policy** – share with parents/ carers  For ideas check out: <https://www.nhs.uk/change4life/recipes> | **Yes/No** | **Yes/No** |
| GET ACCREDITED | | |
| **Get official Healthy Schools London or Healthy Early Years accreditation** – to ensure you apply a whole setting approach to support healthy eating. Follow the links below:  Schools: <https://www.london.gov.uk/what-we-do/health/healthy-schools-london/awards/register>  Early Years Setting: <https://www.london.gov.uk/what-we-do/health/healthy-early-years-london/get-an-award> | **Yes/No** | **Yes/No** |
| SET SUGAR SMART CHALLENGES | | |
| SUGAR SMART Challenges for early years staff, e.g. give up a sugary food, drink or snack for two weeks or more, swap to a no sugar version of something you normally eat or drink, consume water instead of sugary drinks, reduce the amount of sugar you usually add to food and drink etc.  For ideas check out: <https://www.nhs.uk/change4life/food-facts/sugar> | **Yes/No** | **Yes/No** |
| Avoid sugary snacks between meals and limit sugary foods and drinks to meal times | **Yes/No** | **Yes/No** |
| Keep a sugar snack diary for a week | **Yes/No** | **Yes/No** |
| Restrict sweet treats to once a week/weekends | **Yes/No** | **Yes/No** |
| GO FIZZ FREE: Take part in Fizz Free February and recruit people to go fizz free for the entire month, resources available on the **SUGAR SMART website** | **Yes/No** | **Yes/No** |

## STEP 2: Based on the outcomes of Step 1, decide which actions your school/setting is ready to pledge in order to become SUGAR SMART.

* **The more actions you pledge to implement, the better.**
* **Do not choose actions already implemented in your setting.**
* **Do come up with your own ideas for actions and pledges.**
* **Do make your pledged actions as specific as possible, e.g. say who will be doing them, when and for how long/how frequently.**

**Encourage pupils, staff and parents to make individual pledges to reduce sugar**

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## STEP 3: Register as a SUGAR SMART Early Years Setting or School

1. Go to[**https://www.sugarsmartuk.org/get\_involved/take\_a\_pledge/**](https://www.sugarsmartuk.org/get_involved/take_a_pledge/) to register your setting and enter your pledged actions.
2. Registering gives you access to a wealth of useful digital resources to help you implement your actions, and the SUGAR SMART logo to use on your website, newsletter and in/ around your setting.
3. Record your progress on your pledged actions on [**https://www.sugarsmartuk.org**](https://www.sugarsmartuk.org).